SPIRAL MENU: FRENCH WEEK JULY 8TH TO 14TH

**MONDAY, JULY 8TH: LOIRE VALLEY**

* HOT DISHES
  + Poached fish with white butter sauce and broccoli
  + Potée sarthoise
  + Pork filet mignon with brie sauce
  + Galipettes (stuffed mushrooms with escargots)
* COLD DISHES
  + Vegetables and fresh goat cheese terrine
  + Pâté Berrichon
* DESSERT
  + Gâteau nantais

**TUESDAY, JULY 9TH: BORDEAUX**

* HOT DISHES
  + Beef medaillon with bordelaise sauce
  + Matelote d’anguilles au Bordeaux (fresh eel stew in wine sauce)
  + Roasted duck breast with bigarade sauce
  + Duck confit
* COLD DISHES
  + Salade Périgourdine
  + Chicken liver mousse on toast
* DESSERT
  + Cannelés de Bordeaux

**WEDNESDAY, JULY 10TH: PROVENCE**

* HOT DISHES
  + Bouillabaisse
  + Beef Daube Provençal
  + Pistou soup
  + Shrimps flambé with Pernod
* Cold dishes
  + Salade niçoise
  + Anchoyade
* DESSERT
  + Roasted peaches with thyme and lemon

**THURSDAY, JULY 11TH: RHONE / BOURGOGNE**

* HOT DISHES
  + Beef bourguignon
  + Escargot bourguignon with fresh thyme
  + Gratinée Lyonnaise (French onion soup)
  + Fish quenelles
* COLD DISHES
  + Saucisson de Lyon
  + Cervelas salad
* DESSERT
  + Pets-de-nonne

**FRIDAY, JULY 12TH: ALSACE**

* HOT DISHES
  + Choucroute garnie (sauerkraut)
  + Baeckeoffe
  + Flammkuchen
  + Fish with Riesling sauce
* COLD DISHES
  + Alsatian salad
  + [Potatoes a L'alsacienne](https://www.pinterest.com/pin/228205906090381887/)
* DESSERT
  + Foret noire (black forest cake)

**SATURDAY, JULY 13TH AND SUNDAY, JULY 14TH: MEDLEY**

* HOT DISHES
  + Poached fish with white butter sauce and broccoli
  + Beef medallion with bordelaise sauce
  + Bouillabaisse
  + Beef bourguignon
  + Flammkuchen
* COLD DISHES
  + Vegetables and fresh goat cheese terrine
  + Chicken liver mousse on toast
  + Salade niçoise
  + Potatoes a L'alsacienne
  + Cervelas salad
* DESSERT
  + Gâteau nantais
  + Cannelés de Bordeaux
  + Roasted peaches with thyme and lemon
  + Pets-de-nonne
  + Foret noire (black forest cake)